This filing of claims replaces all prior versions and listings of claims in the application.

Listing of Claims:

1. (Currently Amended) An image forming apparatus, comprising:

an image forming section former that forms and holds an unfixed toner image on a recording medium fed to an image forming area; and

a heat-fixing apparatus that heats the recording medium transported from the image forming area in a predetermined fixing area and heats the unfixed toner image onto the recording medium; wherein

said heat-fixing apparatus has comprising:

an image heating body that heats the unfixed toner image on the recording medium;

a heat-producing section heat-producer that heats said image heating body;
a temperature sensor that detects a temperature of said image heating body;
and

a calorific value control section controller that controls a calorific value of said heat-producer heat-producer heat-producing section based on the temperature detected by said temperature sensor so that the temperature of said image heating body is maintained at an image fixing temperature suitable for heat-fixing the unfixed toner image onto the recording medium; and

said image forming apparatus has an image forming operation control section controller that controls an image forming operation of said image forming section former so that heat-fixing of the unfixed toner image onto the recording medium is started at a

predetermined timing before the temperature detected by said temperature sensor reaches the image fixing temperature.

- 2. (Original) The image forming apparatus according to claim 1, wherein a thermal time constant of said temperature sensor is 1/20 or more of a warm-up time necessary for the temperature of said image heating body to rise to the image fixing temperature.
- 3. (Currently Amended) The image forming apparatus according to claim 1, wherein at least part of said image heating body has electrical conductivity and said heat-producer heat-producing section comprises an excitation section that heats said image heating body directly by means of electromagnetic induction.
- 4. (Currently Amended) The image forming apparatus according to claim 1, wherein said heat-producing section heat-producer comprises:

a rotatable heat-producing member at least part of which has electrical conductivity and is in contact with said image heating body and heats said image heating body indirectly; and

an excitation section excitator that heats said heat-producing member by means of electromagnetic induction.

5. (Currently Amended) The image forming apparatus according to claim 1, wherein

said image forming operation control section controller starts the image forming operation by said image forming section former based on a timing at which the temperature of said image heating body reaches a predetermined temperature, or

timing at which elapsed time after a start of operation of said heat-fixing apparatus reaches a predetermined time, whichever timing is earlier.

- 6. (Currently Amended) The image forming apparatus according to claim 1, wherein said image forming operation controller starts the image forming operation of said image forming section former only when the temperature of said image heating body following an elapse of a predetermined time after a start of <u>an</u> operation of said heat-fixing apparatus is a temperature within a predetermined range.
- 7. (Currently Amended) The image forming apparatus according to claim 1, further comprising a voltage detecting section detector that detects a power supply voltage and wherein said image forming operation control section controller starts the image forming operation of said image forming section former following an elapse of a predetermined time after a start of operation of said heat-fixing apparatus only when the power supply voltage detected by said voltage detecting section detector at a time of a start of the image forming operation of said image forming section former is greater than or equal to a predetermined voltage.
- 8. (Currently Amended) The image forming apparatus according to claim 1, further comprising a voltage detecting section detector that detects a power supply voltage and wherein said image forming operation control section controller changes a predetermined time until the image forming operation of said image forming section former is started after said heat-fixing apparatus starts operating in accordance with the power supply voltage detected by said voltage detecting section detector at a time of a start of the image forming operation of said image forming section former.

- 9. (Currently Amended) The image forming apparatus according to claim 1, further comprising an environmental temperature sensor that detects an environmental temperature of a body of said image forming apparatus and wherein said image forming operation controller starts the image forming operation of said image forming section former following an elapse of a predetermined time after a start of operation of said heat-fixing apparatus only when the environmental temperature detected by said environmental temperature sensor at a time of a start of the image forming operation of said image forming section former is greater than or equal to a preset predetermined temperature.
- 10. (Currently Amended) The image forming apparatus according to claim 1, further comprising an environmental temperature sensor that detects an environmental temperature of a body of said image forming apparatus[[;]], wherein said image forming operation controller changes a predetermined time until the image forming operation of said image forming section former is started after said heat-fixing apparatus starts operating in accordance with the environmental temperature detected by said environmental temperature sensor at a time of a start of the image forming operation of said image forming section former.
- 11. (Currently Amended) The image forming apparatus according to claim 1, wherein said image forming operation control section controller changes a predetermined time until the image forming operation of said image forming section former is started after said heat-fixing apparatus starts operating in accordance with a processing speed at a time of the image forming operation of said image forming section former.

- 12. (Currently Amended) The image forming apparatus according to claim 1, wherein said calorific value control section controller controls the calorific value of said heat-producing section, based on the temperature detected by said temperature sensor, so that the temperature of said image heating body is maintained at the image fixing temperature suitable for heat-fixing the unfixed toner image onto plain paper used as the recording medium.
- 13. (Original) The image forming apparatus according to claim 1, wherein said image heating body is configured as a belt-shaped member.
- 14. (Original) The image forming apparatus according to claim 1, wherein said temperature sensor comprises a temperature measuring element that detects a temperature of said image heating body, and a nonmetallic elastic body that supports said temperature measuring element and is in contact with said image heating body at low pressure.
- 15. (Original) The image forming apparatus according to claim 14, wherein said elastic body is a sponge.
- 16. (Original) The image forming apparatus according to claim 14, wherein said temperature measuring element is a thermistor.
- 17. (Currently Amended) An image forming method, comprising:

 an image forming step of an image forming section forming and holding an unfixed toner image on a recording medium fed to an image forming area; and

a heat-fixing step of a heat-fixing apparatus heating the recording medium transported from the image forming area [[in]] to a predetermined fixing area and fixing the unfixed toner image onto the recording medium[[;]], wherein

said heat-fixing step has heating comprises:

using a step of an image heating body heating to heat the unfixed toner image on the recording medium;

a step of a heat-producing section heating said using a heat-producer to heat the image heating body;

a step of a temperature sensor detecting a temperature of said the image heating body; and

a step of a calorific value control section controlling a calorific value of said heat producing section the heat-producer based on the detected temperature detected by said temperature sensor so that the temperature said the image heating body is maintained at an image fixing temperature suitable for heat-fixing the unfixed toner image onto the recording medium; and wherein

said image forming method <u>further comprises</u> has a step of an image forming operation control section controlling the <u>an</u> image forming operation of said image forming section so that heat-fixing of the unfixed toner image onto the recording medium is started at <u>a</u> predetermined timing before the <u>detected</u> temperature detected by said temperature sensor reaches said image fixing temperature.